



SHOPPING LIST

BLACK COUNTRY FOODBANK HELPS VULNERABLE INDIVIDUALS AND FAMILIES IN CRISIS THROUGH THE PROVISION OF AN EMERGENCY FOOD AND TOILETRY PARCEL, WHILE A LONGER-TERM SOLUTION IS DEVELOPED

PLEASE SUPPORT US BY DONATING ITEMS FROM OUR SHOPPING LIST

- **CARTONS OF UHT MILK**
- **TEA BAGS BOX OF 40'S**
- **SMALL JARS OF COFFEE**
- **CARTONS OF LONG LIFE FRUIT JUICE**
- **CORDIAL/SQUASH**
- **TINNED POTATOES/MASH**
- **TINNED CHOPPED TOMATOES**
- **TINNED VEGETABLES**
- **TINNED FISH**
- **TINNED SOUP**
- **TINNED READY MEALS (MEATBALLS/MACARONI CHEESE/CHILLI)**
- **TINNED MEAT**
- **TINNED FRAY BENTOS PIES**
- **BREAKFAST CEREAL**
- **PASTA SAUCE**
- **SAVOURY RICE**
- **INSTANT NOODLES**
- **TINNED FRUIT**
- **TINNED CUSTARD/RICE PUDDING**
- **BARS OF SOAP**
- **SHOWER GEL**
- **TOILET ROLL**
- **ROLL ON DEODORANT**
- **SHAMPOO**



PLEASE SCAN THE QR CODE TO RECEIVE A WEEKLY REMINDER OF OUR SHORTAGES LIST ON YOUR SHOPPING DAY

